



December Newsletter

Christmas Closure

Closed 11am Sat 23rd December

We will re-open with limited hours on **Wednesday 3rd January**.

***Limited Appointments - BOOK EARLY** as these sessions will go fast.

Regular hours from **Monday 8th January 2018**.

Please let us know if you are going away and will miss any of your regular training sessions during this holiday season.

Ph: 9876 6800

Christmas Break -

Hit the Re-set Button!!

We keep hearing the same words – HOW HAS THIS YEAR GONE SO FAST??

The busier we are the quicker time passes so here is a great suggestion for the Christmas break. **Take time out and relax.** With our crazy schedules by the time we get to Boxing Day we are all exhausted and can't even get off the couch! It's time to take control back and focus on a schedule re-set.

Your challenge for this year: **Relax and make the most of your day's off!** Even if you only have a few days break use it wisely and make a few key changes to help you make better choices and focus on health.

Even when we think we are OK, eating well and exercising regularly, we may not be getting enough rest or dealing with stress. Stress and lack of sleep are two major risk factors to your health. A constant state of fatigue and high levels of the stress hormone cortisol creates an ongoing cycle of inflammation and make it impossible for your body to function at its best.

Try the following tips these holidays:

- Technology free zones. Set time zones during the day, or ALL DAY if you can manage it, to put away ALL technology. You will be surprised how FREE you will feel and also how relaxed. Mobile devices create a constant demand on our brains so gives yours a break!
- Exercise early. Start your day with a brisk walk or easy run and focus on the outdoors or your company. Walk and talk is a great way to facilitate communication, get your body going and enjoy the fresh air.
- Go to bed early! Take a good book and relax.
- Try something new! Find something that you have never tried before that involves moving outdoors.

DECEMBER BIRTHDAYS!

Josh Fontana	1st
Christine Potter	6th
Marieke Vandergraaf	6th
Catherine Macdonald	7th
Ross Floyed	8th
Anthony Pike	13th
Peter Fry	15th
Shen Wong	15th
Jane Kilkenny	16th
Anne Gibson	17th
Stuart Hill	23rd
Frank Dame	27th
Bronwyn Milner	27th
Allison Parrott	29th
Jo Richardson	29th
Marija Borosak	31st
Donna Pattison	31st
Liz Brooks	31st

Christmas Bonus

Buy a 10 pack and go into the draw for **5 BONUS SESSIONS** for FREE.

So before you give your credit card a complete workout for Christmas, prioritise your health and get some bonus sessions. Offer expires on 23/12/17.

Christmas Break - Hit Re-set!! (continued.....)

Some suggestions:

1. Go for a bushwalk or hike. We have got some amazing parks and trails right on our doorstep so get out and explore.
2. Hire a bike. Maybe take yourself on a tour of Melbourne and discover some secret treasures.
3. Stand-up paddling. There are several places that hire stand up paddle boards and will even give you lessons so give it a go. It's a great core workout and a new challenge.
4. Indoor rock climbing for a rainy day. Hardrock Nunawading is an excellent option for some indoor fun and their team of instructors will have you climbing up the walls in no time.



So remember to take some time and slow down. Start the new year with a fresh attitude and a relaxed mind and body. Forget those New Year's resolutions, they never last, so focus on balance and positive choices for your health and happiness.

Super Smash XMAS Party

90 minutes of fun
Live DJ Music

Book Online
www.fitnessenergy.com.au
Places limited



Dust off your antlers and
come and join us.....

Saturday 23rd December

7.00 - 8.30AM



Give the Gift of Fitness



A healthy option for Christmas
Training Gift Vouchers

Training session vouchers - if you have a family member or a friend who needs a little encouragement with their fitness why not buy them a gift voucher. It can be for a single session to help them get started or give the ultimate gift of a 10 pack of training.



XMAS SPECIAL -

Buy 5 (30 min sessions) + 1 FREE \$225 - save \$45

The Ultimate Treadmill Challenge is back at Westfield Doncaster on **Friday 2nd and Saturday 3rd March 2018.**

Please put this date in your diary and help out by:

- Signing up to walk/run on a treadmill
- Create your own TEAM
- Volunteering some time at the event (2 Hrs) (Expressions of interest list at reception)
- Getting family, friends and work colleagues involved



28 SOLD !!!!

Only 2 Treadmills available for sponsorship.

Interested? Speak to Jane ASAP



Fitness Energy

Shop 1 & 2 Hopetoun Rd, PARK ORCHARDS 3114

Ph: 9876-6800 Website: www.fitnessenergy.com.au

Email: info@fitnessenergy.com.au